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Sommario/riassunto

A thorough, readable primer for the practitioner and student, detailing case studies on the art and science of biofeedback and neurofeedback in practice. Includes case-study examples focusing directly on improving human performance in non-clinical populations utilizing biofeedback and neurofeedback techniquesLinks theory and practice for scholars and practitioners in the fieldAcknowledges both the art and science of utilizing these tools for performance-related gains in sports and artistic fields, presenting unique case studies detailing the variety of procedures u
